

Literature Research on the Investigation and Study of Acupuncture Treatment on Insomnia Disease

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ABSTRACT

Nowadays, with the speeding of the pace of life, and bigger psychological pressure, sleep problem has become a serious health problem afflicting human being. One-third of the total of human life is spent on sleep, which means that it plays an important role in the maintenance of maintain a healthy body. Modern medical researches use the way of reduction to study sleep, which is weak in emphasizing the overall integrity. The sleep-related theory in traditional Chinese medicine, is a very important part of the TCM theoretical system, which focus on the integrity, diagnosis and treatment, has combined effects, and therefore attracted much more attention.

Purpose :

This researches is based on China knowledge network (CNKI), and search for the suitable and related acupuncture formula when treating insomnia disease, and analyzes the common used acupoint and the reasons which modern physicians used when in treating insomnia disease, so that we can know and apply a better acupuncture formula in treating insomnia disease in a better effect.

Methods :

By using China knowledge network (CNKI), collect as much as possible on related and suitable literature about acupuncture treatment in treating insomnia disease, organize and analyze and using Microsoft Access database for statistical analysis, form a clear data and group on the acupoints used when treating insomnia, common used acupoints, common used meridian, and most common acupoint formula used in different syndrome.